



# LOUGHTON LINES

THE BI-MONTHLY MAGAZINE OF LOUGHTON ATHLETIC CLUB

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As our readers may have noticed, the Editor is easily amused, particularly by the astonishing titles given to publications in earlier times.. One such was *The Sporting Repository: containing horse-racing, hunting, coursing, shooting, archery, trotting and tandem, matches, cocking, pedestrianism, and pugilism, anecdotes on sporting subjects, interspersed with essays, tales, and a great variety of miscellaneous articles*. This was a magazine which began in London, flourished (if that's the word) and collapsed all within the year 1822.

A feature of these magazines, some of which were longer-lasting than *The Sporting Repository*, was their enthusiasm for reporting on weird events. One of the *Sporting Repository's* reports ran as follows:

A Novel pedestrian match took place on the Peckham

Road, a gentleman of the name of Bartleman, having undertaken to go backwards twelve miles, in two hours. The pedestrian did the first mile in seven minutes and four miles in 32 minutes. He did within two hundred yards of seven miles in the hour, and halted about two minutes. He won the match, having two minutes only to spare, with much trouble, as he frequently fell from giddiness, in the last two miles, and felt the effects seriously after it was over.

Apart from wondering how large the wager might have been, there is also the question of how long the miles were. It was not unknown for those with a monetary interest in such feats to move the milestones one way or another to benefit their investments. After all, twelve miles in two hours is a pretty smart bit of shifting, especially backwards!

## THE CHINGFORD LEAGUE

Chingford League Race No.5 was held at Hackney Marshes on the 18<sup>th</sup> January

### Senior Woman

21	Lorna Gaffney	38:28
83	Nadine Holland	52:28

### Senior Men

73	James Lambden	35:39
79	Steve Palmer	35:59
123	John Stubbs	41:23
136	Jonathon Brown	44:05
144	Mark Fox	46:40
146	Rob Sargent	47:40

Our depleted Women's team still managed to finish seventh, with the Vets sixth, while the Men's A team came in seventh, the B team thirteenth and the Vets seventh. After five matches, our Women's Senior and Vets teams are both fifth and our Men's A, B and Vets teams sixth, twelfth and ninth, respectively. One "straight" event and the relays remain to be held.

The young Loughtonians did what we now expect of them:

**Under 9 Boys**, who are actually too young to count in the League, had an entirely Loughton field, Ivan Brown winning in 10:45 with Tobias Trewartha second in 15:48. The other age-groups were more numerously contested:

### Under 11 Girls Team third

8	Alexandra Chance	14:07
9	Connie Stubbs	15:06

### Under 11 Boys Team fourth

13	Aaron Trotman	10:11
15	Henry Brown	10:45
18	George Burrell	11:43
19	Harry Burrell	12:00

### Under 13 Girls Team second

3	Lizzie Knapman	10:26
4	Lottie Palmer	11:15

### Under 13 Boys Team third

5	Bruno Stubbs	9:11
9	Luca Dominguez	11:59

## THE EARLY BIRDS OF THE PARK RUNS....

**25<sup>th</sup> January Roding Valley** Jon Brown (26:38/39/34/54-94): Jim Whiffin (28:08/50/41/59-13): Michaela Davis (37:00/101/31/47-66) **Gunpowder** Steve Palmer (19:37/9/9/74-00): Mark Fox (32:59/196/120/ 41-99) **Hoblingwell** Catherine Gurney (37:32/59/19/45-78): Alexandra Chance (56:07/83/35/30-41) **Great Cornard** Bruno Stubbs (21:52\*/14/14/66-31): John Stubbs (22:31/23/21/58-92): Constance Stubbs (35:40\*/157/51/46-64)  
**1<sup>st</sup> February Roding Valley** Michaela David (35:49/111/35/49-23) **Gunpowder** Mark Fox (26:31/61/50/52-23): George Fox (26:35\*/64/52/55-92) **Harlow** Irene Petersen (30:14/160/32/58-32)  
**8<sup>th</sup> February Roding Valley** Lizzie Knapman (25:13/21/3/65-96): Mary Knapman (25:38/26/4/60-01): Scott Hurley (26:54/38/30/53-10): Amanda Gibbins (28:47/53/14/60-51): **Greenwich** Catherine Gurney (33:40\*/281/101/51-04): Alexandra Chance (42:09/ 350/146/40-49) **Ipswich** Nadine Holland (31:25/302/70/49-71) **Gunpowder** George Fox (28:31/115/79/52-13): Mark Fox (28:31/116/80/48-57) **Great Cornard** John Stubbs (23:30/39/37/56-45): Constance Stubbs (38:59/183/65/42-67)

**15<sup>th</sup> February Roding Valley** Hon Brown (26:48/27/20/54-60: Lizzie Knapman (27:40/35/7/60-12): Mary Knapman (27:41/36/8/55-57): Irene Petersen (33:42/61/19/52-32): Nadine Holland (34:17/65/22/45-55) **Gunpowder** Catherine Gurney (33:16/167/55/51-65) **Great Cornard** John Stubbs (22:47/22/19/58-23)  
**22<sup>nd</sup> February Roding Valley** Mary Knapman (23:00/13/1/66-88): Michaela Davis (54:46/103/45/32-20) **Great Cornard** John Stubbs (23:23/28/23/56-74): Bruno Stubbs (23:32/29/24/61-61): Constance Stubbs (39:17/167/53/42-34)  
**29<sup>th</sup> February Roding Valley** Jon Brown (27:15/17/13/53-70): Michaela Davis (36:52/39/12/47-83)  
**7<sup>th</sup> March Roding Valley** 63 Irene Petersen (33:04/63/13/54-03): Michaela Davis (37:30/87/28/47-02) **Great Cornard** John Stubbs (23:26/25/24/56-61) **Great Cornard** John Stubbs (23:26/25/24/56-61)  
**14<sup>th</sup> March Roding Valley** Mark Fox (25:36/18/15/54-10): George Fox (30:18/34/24/49-06): Michaela Davis (35:53/53/16/49-14)

## ....AND THE JUNIOR EARLY BIRDS

**26<sup>th</sup> January Roding Valley** Samuel Silver (9:03§/5/5/66-14): George Fox (10:11/10/9/53-43): Alexandra Chance (13:56/35/12/44-33)  
**2<sup>nd</sup> February** George Fox (10:07/10/5/53-78): Alexandra Chance (10:49/14/6/57-10)  
**2<sup>nd</sup> February** George Fox (10:07/10/5/53-78): Alexandra Chance (10:49/14/6/57-10)

**9<sup>th</sup> February** Run was cancelled due to excessively windy conditions.  
**23<sup>rd</sup> February** Samuel Silver (9:03/5/4/66-14): George Fox (10:42/11/7/50-85): Alexandra Chance (20:41/26/10/29-86)

[ \* indicates a P.B.: Where times are markedly slow, the runner was probably assisting in sweeping up the tail-enders; they count as Officials and without them the others wouldn't have their fun.]

## DOES DIET MATTER?

We are often being told that, as sporting types, we should look carefully at our diets, the advice frequently coming from the proprietors of assorted "special" foods. The subject has also, of course, been dealt with by people with fewer economic axes to grind and one such was Alexander Haig, M.A., M.D., F.R.C.P., Physician to the Metropolitan Hospital, and to the Royal Hospital for Children and Women; the third edition of his characteristically long-titled book *Diet and Food, Considered in relation to Strength and Power of Endurance, Training and Athletics*, published in Philadelphia in 1901 begins with one of the least gripping sentences ever to open a book connected with sport; "The

year that has elapsed since the last edition has been one of great activity in uric acid research...." He takes the view that meat and tea are harmful and gives the following amounts of food for an active 10 stone man to be eaten daily: 10ozs bread, 2 ozs oatmeal, 2 pints milk, 1½ ozs. cheese, 1 oz nuts, 18 ozs. fruit and vegetables; if you "do not do well" on fluid, you may leave out one of the pints of milk and increase the cheese to 3½ ozs. This seems something approaching the "five portions a day" of modern advice, but it also strikes your Editor as excruciatingly dull. We'd be happy to hear from any of our readers who adopt a similar diet. Was Dr. Haig ahead of his time?

## WHEN WE WERE VERY YOUNG

Those of you who have read George Richardson's History of Loughton A.C. will know that we were founded in 1908. It might be interesting to see what else was happening then, so let's take a look at sport, starting with athletics,, remembering that it was the year of the hastily arranged Olympic Games in London..

Perhaps the most notorious of the events was the victory by the Scottish runner Wyndham Halswelle in the 400m; the semi-final had four runners - Halswelle and three from the U.S.A.; one of the Americans was disqualified for obstructing Halswelle and the judges ordered the race to be re-run. The two innocent Americans withdrew in a show of solidarity with their colleague, leaving Halswelle to run solo; he took the matter seriously, recording 50.0, having done 49.4 and 48.8 (winning by 12 yards and 10 yards respectively) in the earlier rounds. Progression to the Final in those days was tough; Round 1 had sixteen heats with a nominal four runners in each, although one heat had only one runner and another had no starters at all. The winner of each heat alone went into Round 2, in which there were three races with four starters and one with only three. Again, only the winners progressed to the Final. Protest and counter-protest followed, but the result stood. Halswelle had won the A.A.A. 440 yards the same year (against opposition)..

Yorkshire were the County Cricket Champions. In the 1908-9 Test Series (down under), Australia beat England 4-1.

In the F.A.Cup Final, played at Crystal Palace, Wolves beat Newcastle 3-1 and in the Amateur Cup, played at Bishop Auckland, Depot Battalion of the Royal Engineers beat Stockton 2-1. The League Champions were Manchester United, ahead of Aston Villa, Bradford City and Leicester Fosse. Celtic win the Scottish Cup 5-1 against St.Mirren and were also League Champions.

Cornwall were the Rugby Union Inter-County Champions, beating Durham, while Wales won the International Championship.

The two-cylinder Motor Cycle race in the Isle of Man was won by H.Reed at a terrifying 38.59 m.p.h.

Signorinetta won the Derby at the sumptuous odds of 100-1; the same horse won the Oaks, but the bookies had noticed and the price was only 3-1.

On the water, Cambridge won the Boat Race by 2<sup>1</sup>/<sub>4</sub> lengths

Apart from sport, some interesting things happened, such as New York City passing a law banning women from smoking in public; it only lasted a fortnight! The football club Inter Milan was founded, *Scouting for Boys* was published by Baden Powell and Asquith became British Prime Minister. The first Model T Ford car was built and Butch Cassidy and the Sundance Kid were killed in Bolivia (or perhaps not). A meteorite exploded in central Russia with a force equal to several megatons of T.N.T.

James Stewart, Michael Redgrave and Rex Harrison (actors), Lyndon Johnson (president of the U.S.A.), Bette Davis, Celia Johnson, Anna Magnani (actresses), Ian Fleming and Simone de Beauvoir (authors), Don Bradman (cricketer) were all born. and Nikolai Rimsky-Korsakov (composer) and Eyre Massey Shaw (First Chief Officer of the London Fire Brigade) died.

So, it wasn't only in Loughton that important things were happening in 1908!

## AND WHEN *HE* WAS VERY YOUNG....

Having nothing better to do with his lockdown time, David Hobbs has been clearing his loft and came across an old programme of the London Federation of Boys' Clubs Athletic Championships on the 22<sup>nd</sup> June, 1963 at Battersea Park L.C.C. Track. (Yes, the London County Council; it *was* a long time ago!) David was a competitor in the Junior 100 yards (Yes, *yards*!) Running as a member of Eton Manor, he won in a time he can't recall

but he thinks that it must have been close to the existing record of 10.2 and certainly faster than the 1962 winning time of 10.8.

The Programme cost 3d (threepence, or about 1p in today's money). An alternative way of spending 3d in those remote times would probably have been an ice-cream or the bus fare home.

## MORE SILLINESS

We have previously noted some of the strange events that have found themselves in the Olympic Games, but some even sillier things have just missed out. In a book your Editor has recently bought (100 Ans de Jeux Olympiques by Charpentier & Boissonade) it says of the 1900 Games in Paris, that the man appointed to manage things, "obviously did not know much about sport. He started by establishing an insane programme in which

angling rubbed shoulders with kite-flying, croquet with gunnery, donkey racing with billiards..."

In case you may think that your Editor isn't as good at French as he reckons he is, their word for the nature of the programme was "démentiel" and, yes, it really was "la course à l'âne." What a pity that he didn't think of beach cricket or under-water darts!

## ANN SAYER, M.B.E.



Those of our older members who knew her will be sorry to hear of the recent death at the age of 83 of Ann Sayer, a remarkable walker over the longer distances.

She was not only a walker; she had previously been a rower of very considerable distinction, being a member of

the British eight that was fifth in the European Championships in 1962; the members largely had to fund themselves, buying the boat and the oars; she later had hers on her sitting-room wall.

When she took to walking, she was told at her first long-distance race that the organisers could not prevent her using the public highway but that she would not be timed or recorded; she went ahead anyway and beat all but two of the men. She later became the first British woman to beat twenty-four hours for a hundred miles, but some of the members of the Centurions - a Club confined to those who had achieved the feat - threatened resignation if she were permitted to join them; in that, as in everything else, she did not take "No" for an answer.

So distinguished was her walking that, at the age of fifty-eight she was selected for Great Britain in a 200 kilometre race, which made her the oldest woman ever to get her international vest.

Her interest in walking was not confined to racing and in 1980 she set the still-standing women's record for walking from Land's End to John O'Groats - 840 miles in 13 days, 17 hours and 42 minutes.

In recognition of her services to sport, Ann was appointed M.B.E. in 2005.

In action she was impressive in the extreme, being over six feet tall with a very long stride, as can be seen in the photograph; she was not tremendously fast, but she was relentless in her steady pace. When she was a member of Loughton A.C., she would sometimes walk from her home in Buckhurst Hill to Basildon for a race and then walk home afterwards!

## THE VIRTUAL RELAYS

To stop us all from going entirely mad while in lockdown mode, Chelmsford A.C. is organising the Essex Running Clubs Virtual Mile Team Challenge. It is for age groups U13, U15, U17, U20, Seniors and Vets and both males and females, separately. Any number can play, but to score a team must have at least five members; the distance to be covered should be no less than a mile or 1609m, it can't be done on a treadmill, it can't be significantly downhill and it must be measured by Strava or other running app (Don't ask me, Guv; I haven't the

faintest idea.) between the 25<sup>th</sup> and 29<sup>th</sup> May. The ins and outs of it all are to be found on Chelmsford's web site at <https://www.chelmsford-athletics.club/the-essex>

Jon Whitehouse will be collecting the names and submitting the teams and the Club will pay the entry fees. There are awards to be had as well! Our thanks to Chelmsford for organising such a thing. Your Editor is all for virtual races; they mean that he doesn't have to stand about in the rain trying to keep his clipboard dry.

## ONE DOES ONES BEST

Readers will have noticed that although we are two months late, this is what might be called a slim volume, basically because nothing has been happening; that also explains the absence of the Summer Fixture List. You will probably know that all athletics in England is suspended

until the 30<sup>th</sup> June and it seems a fair bet that an extension of the standstill will be announced later this month. I reckon that to all intents and purposes, there will not be a Summer Season in 2020; not a *real* one, that is, although there seems to be a virtual one.

Pauline Wilson is the National Fixtures Co-ordinator for Race Walking and she has recently been producing - almost daily - a list of cancellations, postponements (with or without new dates) and “we-don’t-know-what-we’re-going-to-dos.” Since List No.1 on the 18<sup>th</sup> March (which had eleven entries) there have been a total of 122 “incidents” - and please bear in mind that this is just race walking!

When we have some idea of what’s happening, the Fixtures will reappear. Speaking of reappearing, we’ll do our best to produce our next Loughton Lines in July, which is when it’s *supposed* to emerge from the computer.

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Meanwhile, you might like to follow David’s example and search your lofts for something that would interest your fellow-members. You know who I am and where to find me; in case you *don’t*, it’s Peter Cassidy, Hufflers, Heard’s Lane, Shenfield, BRENTWOOD, CM15 0SF or by e-mail at [Peter.Cassidy@btinternet.com](mailto:Peter.Cassidy@btinternet.com) or even by telephone at 01277 220687; I *do* have a mobile phone (oh yes - I’m no Luddite!) but it’s *really* mobile, so I don’t hear it unless I have my jacket on.

Keep well, everyone and try to keep fit and you’ll all be ready for a scintillating Winter Season, unless 2021 has been abolished by then.